

## Heart Health

Heart disease is the leading killer for both women and men in the United States

**Learn how to recognize warning signs for heart attack, you may save a life.**

You can lower your risk of heart disease by:

- **Exercising regularly**
  - At least three times a week
  - Include aerobic activity
  - Drink lots of water before, during and after exercise
  - Talk to your health care provider before starting any new exercise program
- **Maintaining a healthy weight**
- **Eating healthy**
  - Learn and practice portion control
  - Limit processed foods, refined sugars, saturated fats and trans fats
  - Eat a balanced diet with
    - Five or more servings of fruits and vegetables every day
    - Whole grains
    - Lean meats
- **Not using tobacco**
- **Taking steps to manage stress**
  - Become aware of your body's response to stress
  - Learn what triggers your stress
  - Take steps to avoid of control stressful situations
  - Look into relaxation techniques
    - Yoga
    - Tai chi
    - Mindfulness
    - Meditation
    - Focused breathing
  - Balance your lifestyle, take time to engage in enjoyable activities
- **Health Care**
  - See your health care provider regularly
  - Know your numbers! Blood pressure, blood glucose, blood cholesterol
  - Ask if you should be taking aspirin
- **Know the signs**
  - Discomfort in the chest, arms, or jaw
  - Shortness of breath
  - Nausea, dizziness, lightheadedness or a cold sweat
- **Know what to do**
  - Call 911
  - Describe the symptoms and ask for an ambulance
  - Follow the dispatchers instructions
  - Do not drive to the hospital
- **Other ideas**
  - Learn CPR
  - Post emergency numbers near your phone